

# STRENGTHENING OKLAHOMA



**GARFIELD COUNTY  
EXTENSION**

## Parenting with natural consequences

Parenting is tough, even under the best circumstances. Helping children learn the skill of making decisions can be hard, too.

As parents, you get tired of always telling your children what to do. In fact, it can become overwhelming, said Katey Masri, coordinator for Oklahoma State University Extension’s Co-Parenting for Resilience program.

“Overprotective parents, although well-meaning, often prevent their children from learning how to bounce back from failure or how to learn to make better choices down the road,” Masri said. “It’s hard, but letting your children experience the natural consequences of their actions teaches them how to make good choices and be responsible.”

It’s important for children to learn they are responsible for their choices. Parents are encouraged to step back and let children experience the consequences. In addition, parents should take the time after the fact to discuss with the child why that consequence occurred and what they need to do differently next time if they want a different outcome.

For example:

- Despite being reminded, a child doesn’t bring their clothes to the laundry room to be washed. As a result, their baseball uniform is dirty on game day.
- The child is told to put his toys



away so the younger sibling can’t break them. The toys get left out and a favorite toy is broken.

- A child leaves their homework on the table instead of putting it in their backpack for school the next day. The following morning the child leaves for school without the homework. Late assignments aren’t accepted.

Things to keep in mind when using natural consequences:

- Is the consequence safe?
- Is the consequence age appropriate?
- Be firm in the consequence.
- Use empathy.
- Help the child problem solve and set limits.
- Praise the child when they make good choices.

If a consequence isn’t safe, it’s clearly the parent’s responsibility to intervene and protect the child. Also, parents need to determine if they’re willing to allow the consequences to occur.

“You may not be *(Continued on page 2)*

**Garfield County OSU  
Extension**

**Address**

316 E. Oxford  
Enid, OK 73701

**Phone**

580-237-1228

**Email**

Joy Rhodes  
joy.rhodes@okstate.edu

**Website**

<http://oces.okstate.edu/garfield/>

**Social Media**

Facebook: Garfield County OSU Extension Family & Consumer Sciences

**In this issue:**

**Parenting with natural consequence**

**Garfield County Fair**

**Oklahoma State Fair**

**Independence Day Traditions: Five Ways Americans Celebrate 4th of July**

**Berry Cobbler Recipe**

**OHCE News & Notes**

**Dates to Remember**

(Continued from page 1)

willing to let your child play outside in the mud while wearing their dress shoes,” Masri said. “Keep the child’s age in mind, too. Children younger than 3 years old have a harder time understanding the consequences of their actions. As long as the consequence is safe and you’re willing to let it occur, don’t rush in and save the day by intervening.”

Using natural consequences is an effective way to help children learn how to make healthy choices and ultimately become responsible adults. Research indicates natural consequences are related to healthier child development and decreased parent/child power struggles.

“The price your child pays today to learn about commitment, decision making, responsibility and relationships is cheaper now than at any other times in their lives,” she said.



### Garfield County Fair September 8-11

Garfield County Fair is scheduled for September 8-11, 2022. Look for the Fairbook in the newspaper or other outlets in late July or early August. All Entries must be pre-entered by early September. Be on the lookout for more fair information coming your way soon. Start trying out some new recipes for the special contests that will be held to include Best of Wheat contest, the Pie Contest and others. OHCE groups will also be asked to assist with watching exhibits during the fair and assisting with the Reading Corner.

## State Fair of Oklahoma

If you plan to enter items in the State Fair of Oklahoma, the free entry deadline is August 15. Each participant is responsible for entering their own exhibits and for transportation to and from the State Fair. If interested, check out the entry information at <https://okstatefair.com/competitions/creative-arts>

FREE Creative Arts online entries open July 1 and close August 15. All entries for these competitions must be made online. From August 16 to September 7 exhibitors will enter online with a \$10 late fee per exhibitor. All late entries must be made and paid online. Exhibitors will be able to register onsite at the OKC Fairgrounds September 10 – 11 during exhibit delivery. There will be a \$15 late fee per exhibitor.



## Independence Day Traditions: Five Ways Americans Celebrate 4th of July

The actual birthdate of the American Republic was July 2, 1776, when delegates to the Continental Congress, meeting at the Pennsylvania State House in Philadelphia, approved the resolution introduced on June 7, 1776 by Richard Henry Lee of Virginia calling for independence from Great Britain: "That these United Colonies are, and of right ought to be, free and independent States."

Two days later, the body adopted the well-known Declaration of Independence, which justified the deed by "declaring the causes which impel them to the separation."

Marking the remembrance of Independence Day with speeches, parades, music, and fireworks, colonial Americans began a tradition that largely continues to this day.

In celebration of Independence Day, here are five ways Americans enjoy celebrating the holiday.

### Barbecues

Because who doesn't love burgers, brats, hot dogs, and steak? Whether rain or shine, it is safe to bet there will be a grill burning in almost every neighborhood on Independence Day. Whether they are shared with family, friends or neighbors, backyard barbecues and block parties are a perfect way to build community and celebrate independence.

### Watch Fireworks

Taking a trip to the local fireworks stand to pick up some sparklers, ground flowers and Roman candles is an American tradition. However, it seems that setting them off a week before the 4th of July is also a tradition.



### Hang the flag

While US military bases will celebrate Independence Day with a gun salute at noon, called the "salute to the union." Troops will fire one gun for each state in the United States. But since gun salutes are frowned upon in almost all neighborhoods, hang the American flag and consider the troops that have fought over the years for our continued freedom.

### Parades

From midnight parades to ones that happen at a more decent hour, we all love a parade. In good weather, small towns and large cities across America line the streets to see floats, horses, cheerleaders, military units, and marching bands pass by, often waving flags as participants hand out candy.

### Red, White and Blue Everything

We all know those certain shirts or pants that only come out on the 4th of July. Everyone is decked out in their best red, white and blue attire. Whether you have crazy red, white and blue socks that are a must for Independence Day or you have a pair of awesome overall's that you've been saving just for this occasion...you'll look great.

So, whether you are lighting off fireworks, firing up the barbecue, spending time with friends, or in a parade, have a Happy and safe Independence Day.



## Berry Cobbler Recipe

Everyone's favorite summertime dessert just got even easier. Try a cobbler in the slow cooker. Four cups of berries go into this Berry Cobbler: raspberries, blueberries, blackberries, and strawberries. The beauty of a cobbler is its ability to be customized. Swap in your favorite berries or even peaches. Half a teaspoon of ground cinnamon goes into the batter giving just a hint of spice. Top with a generous scoop of vanilla ice cream and you've got a winning dessert. If you're skipping the ice cream, garnish the top of the cobbler with a dusting of powdered sugar. This Berry Cobbler serves 8 and takes about 2 ½ hours in the slow cooker but only 15 minutes to put together and you won't heat up the kitchen with your oven on.

### Ingredients

- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1 1/4 cups all-purpose flour, divided
- 3/4 cup granulated sugar, divided
- 1/4 cup whole milk
- 2 tablespoons salted butter, melted
- 1 large egg
- 1 cup fresh raspberries
- 1 cup fresh blueberries
- 1 cup fresh blackberries
- 1 cup hulled fresh strawberries
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon kosher salt

### Directions

Combine baking powder, cinnamon, 1 cup flour, and ¼ cup sugar in a medium bowl. Whisk together milk, melted butter, and egg in a small bowl. Add milk mixture to dry ingredients; stir just until moistened. Set aside.

Toss together berries, lemon juice, salt, and remaining ½ cup sugar and ¼ cup flour in a medium bowl. Transfer berry mixture to a lightly greased (with cooking spray) 5-quart slow cooker. Dollop batter evenly on top; cover and cook on LOW until batter is cooked through, 2 to 2 ½ hours.

**Source:** *Southern Living*



# OHCE News & Notes

## State OHCE Meeting-July 10-12

Full details on the state meeting are in the Summer 2022 Outreach newsletter. The meeting is July 10th, 11th, and 12th at the Champion Convention Center, 803 S. Meridian in OKC. The theme is “Enjoy the Train Ride with OHCE”. Registration is all inclusive; one price includes registration, banquet and 2 lunches. Registration is still open and can be completed online only at: [www.orangehub.okstate.edu](http://www.orangehub.okstate.edu)

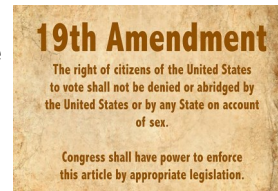
The hotel is just next to the conference center (Hilton Garden Inn-Airport at 801 S. Meridian). Make reservations at 405-942-1400.



If you need assistance, please call the office.

## Leader Lesson

The August Lesson for your group meetings will be held Wednesday July 27th, 2 p.m. at the Garfield County Conference Room. Our topic is “History of the Women’s Vote”. Join us as we study how women received the right to vote in 1919 and the history of this significant amendment. Passed by Congress June 4, 1919, and ratified on August 18, 1920, the 19th amendment legally guarantees American women the right to vote. Achieving this milestone required a lengthy and difficult struggle—victory took decades of agitation and protest.



## Barn Quilt Class

The next Barn Quilt Class will be held Friday, July 15 starting at 9:30 am. The fee of \$45 cover all materials as well as a light lunch. Bring your own pattern or a selection will be available at the class. Enroll early to save your spot.



We currently have a few spots still open for this class.

## OHCE Board Meeting

There is no OHCE Board Meeting in July. The next meeting will be on Monday, August 1st at 9:30 am in the Garfield County OSU conference room.

## Garfield County OHCE Cultural Enrichment Fall Tour– Tentative Date Thursday, September 29

Tentative Plans include-Tour the Pawnee Bill Ranch outside of Pawnee, lunch at Click’s, travel to Pawhuska and see local sites in that area. More details will be in the August newsletter.



**GARFIELD COUNTY EXTENSION**



**JULY 4TH  
WE WILL BE  
CLOSED**

This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

**Joy Rhodes**  
Extension Educator, FCS/4-H Youth Dev.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or [joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu) at least two weeks prior to the event.



Garfield County Cooperative Extension Service  
 Oklahoma State University  
 316 E. Oxford  
 Enid, OK 73701

**GARFIELD COUNTY  
 EXTENSION**

**Dates to Remember**

- July 4– Garfield County OSU Extension Office Closed**
- July 10-12– OHCE State Meeting**
- July 15– Barn Quilt Class 9:30 AM**
- July 27– Leader Lesson 2:00 PM**
- Aug. 1– OHCE Board Meeting 9:30 AM**



**GARFIELD COUNTY  
 EXTENSION**

